

December 4th the streets of Parrsboro were lined and no one was disappointed as the Christmas Parade ran again. The children gathered all the goodies that were handed out, and I caught Santa's reindeer getting ready to lead the sleigh.

Photos by Lawrence R. Nicoll



The Adult Day Unit



All the wee ones



Parrsboro Predators



Parrsboro Youth Council



The Frozen float was popular



Santa Claus of course

Are you prepared for Winter?

By *Christine Urquhart*

Winter is on its way, are you prepared? Winter storms and cold temperatures can be hazardous, but if you plan ahead, you can stay safe and healthy. Prepare your home and cars. Prepare for power outages and outdoor activity. Check on older adults.

Although winter comes as no surprise, many of us are not ready for its arrival. If you are prepared for the hazards of winter, you will be more likely to stay safe and healthy when temperatures start to fall. Take these steps for your home. Many people prefer to remain indoors in the winter, but staying inside is no guarantee of safety.

Here are some steps to keep your home safe and warm during the winter months: Winterize your home. Install weather stripping, insulation, and storm windows. Insulate water lines that run along exterior walls. Clean our gutters and repair roof leaks. Check your heating systems. Have your heating system serviced professionally to make sure that it is clean, working properly and ventilated to the outside. Inspect and clean fireplaces and chimneys.

Install a smoke detector. Test batteries monthly. Have a safe alternative heating source and alternate fuels available. Prevent carbon monoxide (CO) emergencies: Install a CO detector to alert you of the presence of the deadly, odorless, colorless gas. Check batteries regularly. Learn symptoms of CO poisoning: headaches, nausea, and disorientation.

Don't forget to prepare your car for winter. Get your car ready for cold weather use before winter arrives. Service the radiator and maintain antifreeze level; check the tire tread or, if necessary, replace tires with all weather or snow tires. Keep gas tank full to avoid ice in the tank and fuel lines.

Use a wintertime formula in your windshield washer. Prepare a winter emergency kit to keep in your car in case you become stranded. Include: blankets; food and water; booster cables, flares, tire pump, and a bag of sand or cat litter (for traction); compass and maps; flashlight, battery-powered radio, and extra batteries; first-aid kit; and plastic bags (for sanitation)

Be prepared for weather-related emergencies, including power outages. Stock food that needs no cooking or refrigeration and water stored in clean containers. Ensure that your cell phone is fully charged. When planning travel, be aware of current and forecast weather conditions. Keep an up-to-date emergency kit, including: battery-operated devices, such as a flashlight, a National Oceanic and Atmospheric Administration (NOAA) Weather Radio, and lamps; extra batteries; first-aid kit and extra medicine; baby items; and cat litter or sand for icy walkways. Protect your family from carbon monoxide. Keep grills, camp stoves, and generators out of the house, basement and garage. Locate generators at least 20 feet from the house.

Leave your home immediately if the CO detector sounds, and call 911. Many people spend time outdoors in the winter working, traveling or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them: wear appropriate outdoor clothing, layers of light, warm clothing, mittens, hats, scarves; and water proof boots; sprinkle cat litter or sand by icy patches; learn safety precautions to follow when outdoors: be aware of the wind chill factor; work slowly when doing outside chores; take a buddy

and an emergency kit when you are participating in outdoor recreation and carry a cell phone.

When planning travel, be aware of current and forecast weather conditions. Avoid traveling when the weather service has issued advisories. If you must travel, inform a friend or relative of your proposed route and expected time of arrival. Follow these safety rules if you become stranded in your car: Stay with your car unless safety is no more than 100 yards away, but continue to move arms and legs. Stay visible by putting bright cloth on the antenna, turning on the inside overhead

light (when engine is running), and raising the hood when snow stops falling. Run the engine and heater only 10 minutes every hour. Keep a downwind window open, and make sure the tailpipe is not blocked with snow.

Above all, be prepared to check on family and neighbors who are especially at risk from cold weather hazards: young children, older adults, and the chronically ill. If you have pets, bring them inside. If you cannot bring them inside, provide adequate, warm shelter and unfrozen water to drink. No one can stop the onset of winter. However, if you follow these suggestions, you will be ready for it when it comes.

From the management and staff of

Glooscap Restaurant & Lounge

Season's greetings from our family to yours!

Upper Main Street, Parrsboro, N.S., B0M 1S0

From the management and staff of

Smith Funeral Home

Merry, bright wishes to you and yours!

Upper Main Street, Parrsboro, N.S., B0M 1S0

From the management and staff of

Amethyst Boutique

May your holiday sparkle with happiness!

Parrsboro, N.S., B0M 1S0
902-489-4367

From the management and staff of

Black Rock Bistro and Gillespie House

Merry, bright wishes to you and yours!

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